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FOR IMMEDIATE RELEASE

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USS Carr and USS Laboon To host “Friends and Family Day Cruise”

NORFOLK, Va. – Members of the news media are invited to join the Sailors from the guided missile frigate USS Carr (FFG 52) and guided missile destroyer USS Laboon (DDG 58), homeported here, as they head to sea on **Friday, August 11** for the traditional “Friends and Family Day Cruise.”

The two ships will conduct various events while underway to include high speed runs, weapons demonstrations, ship tours, and a steel beach picnic to enhance the experience for their guests.

This is the first time in five years USS Carr has offered this type of cruise and will include nineteen family members of the ship’s namesake, Paul Henry Carr. These relatives have traveled from Oklahoma, Missouri, North Carolina, and Texas. USS Laboon family members embarking for the day include Father Jake Laboon's brother and two of his sisters, both of whom are Laboon ship sponsors. In addition to the Laboon family, more than 350 guests will ride the ship for the day.

USS Carr returned from deployment on May 27 as part of a Surface Strike Group that deployed in support of the Global War on Terrorism. USS Carr, along with other NATO ship’s patrolled West Africa and the Gulf of Guinea providing Theater Security Cooperation (TSC) initiatives to Commander Task Force 65. As part of the Seaswap program, DDG Crew Sierra, now embarked on the USS LABOON, recently returned from deployment aboard USS Gonzalez (DDG 66) in the Arabian Gulf where they participated in Operation Enduring Freedom and Operation Iraqi Freedom.

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NOTE: Media partners wishing to ride either USS Carr or USS Laboon for the day should contact Commander Second Fleet Public Affairs at (757) 443-9850 ext. 47122 or cell phone (757) 544-3451 no later than 3 p.m. on Wednesday , Aug. 9.

Media will meet at 0600 at the Tour and Information office on Hampton Blvd. Scheduled return time is 1800.

Information on USS Carr and USS Laboon is available by visiting <http://www.navy.mil/>. Use the ship type to find information on the ships.